

BBQ Ribs⁵⁰

Number of Servings: 50 (72.03 g per serving)

Amount	Measure	Ingredient
12 1/2	lb	Pork, ribs, spareribs, brsd
1/4	cup	Vinegar, cider
29.00	oz	Ketchup
1/2	cup	Spice, onion, dehyd, minced
1/4	cup	Sugar, brown, packed

Nutrients per serving

Nutrition Facts			
Serving Size (72g)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 140	
		% Daily Value*	
Total Fat 16g		25%	
Saturated Fat 6g		30%	
Trans Fat 0g			
Cholesterol 65mg		22%	
Sodium 230mg		10%	
Total Carbohydrate 6g		2%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 16g			
Vitamin A 4%		Vitamin C 4%	
Calcium 4%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Cut bone in ribs into serving sized pieces (4 serving/# raw or 1/4# raw, bone in each).

Roast ribs in oven or boil in water until almost done. Place in baking or roasting pans.

Combine vinegar, ketchup, onion and brown sugar and pour over ribs. 1 Tablespoon smoke flavoring may also be added for every 50 servings.

Cover. Bake for 1 hour at 300-325 degrees F until tender and seasoned.

Serve one piece/serving

1 serving = CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.